



Chronic Pain and Disease Management

An ever-increasing number of people are living longer with chronic pain and/or multiple chronic conditions. Research has proven that people with chronic conditions can learn skills to effectively manage their illness and improve health outcomes. Juniper offers several evidence-based classes to improve functional abilities and deal more effectively with symptoms.

Living Well with Chronic Conditions (also known as Chronic Disease Self-Management Program)

This program is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments.

Juniper also offers Tomando Control de su Salud, a Spanish-language culturally appropriate version of Living Well with Chronic Conditions.

Living Well with Chronic Pain (also known as Chronic Pain Self-Management Program)

This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Arthritis Foundation Exercise Program (AFEP)

AFEP is a community-based recreational exercise program developed by the Arthritis Foundation. Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. The program's demonstrated benefits include improved functional ability, decreased depression, and increased confidence.

> For class information and to register, visit yourjuniper.org